

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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The ADRC Connection

January 2017



"It's Tradition"

Where will the first few minutes of 2017 find you? Perhaps you will be watching the Times Square Celebration cozy on your couch eating herring and crackers? Will you be opening a bottle of bubbly and toasting the New Year ahead? Maybe you'll be snug and sound asleep to rest up for a New Years Day brunch, movie, or football? Where *did* our New Years' traditions come from?

Probably the most well known icon of New Years Eve is the ball drop in New York City's Times Square. Every year, millions of Big Apple city dwellers and tourists crowd into the city center, to wait for the ball to drop at the stroke of midnight. This celebration began in 1907 when the ball, made of iron and wood and adorned with one hundred 25 watt light bulbs, made its' first descent. The ball has been lowered every year since, with the exception of 1942 and 1943, due to wartime blackouts. There have been 7 versions of the ball, each one more spectacular and more ornate, reflecting advances in technology and lighting methods. The Centennial ball in 2000 was completely redesigned by Waterford Crystal and Philips Lighting. It utilized 2,688 Waterford Crystal triangles, 32,256 Philips LED lights, and incorporated traditional materials, including white lights, wrought iron and red light bulbs for the "Big Apple".

All that revelry can work up quite an appetite. Eating herring at the stroke of midnight is considered good luck and believed to ensure a year of bounty, as their silvery scales are the color of coins, a good omen for fortune. Other lucky foods include: noodles; for long life, greens; which symbolizes the color of paper money, pork; because pigs are rotund and represent a full belly, and ring-shaped foods, such as donuts and Bundt cake; to represent time coming full circle. In Mexico, 12 grapes are eaten at midnight, one for each of the coming months.

With all that TV watching and lucky food eating, time to quench your thirst with a glass of the bubbly! Did you know that champagne actually started out as a winemaker's mistake? In the 1800's, French winemakers accidentally bottled wine before it was fully fermented. Royals and nobility were curious and enjoyed the explosive "pop" when opened but demanded that its taste be refined. When the taste of champagne improved and started to be produced on a larger scale, it became an affordable "once a year" treat for the masses.

New Years Eve is a time to reflect on past memories and events, and anticipate the blank slate that a new year provides. Whatever your resolutions are for 2017, the most important ones are those that lift your spirits and help you bestow kindness and caring upon those around you. May 2017 bring peace, prosperity and good health to you and yours.



Thanks to Timesquarenyc.org, Readers Digest, Meaghan Cameron and Imbibe magazine, 12/2015 Wayne Curtis



The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and Interfaith Senior Programs, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

This Year, Resolve to Take Guilt and Worry Out of Caregiving

Many years ago, I read a book entitled: *Your Erroneous Zones*, by Wayne Dyer, PhD. As you may recall, Dr. Dyer was a popular philosopher and self-help advisor during the late 70s and 80s. The primary message of the book was that feelings or emotions are not something that just happen to us, they are reactions that we choose to have. Because we have control over our thoughts, and our thoughts influence our feelings, we can regulate our emotions as well.

In particular, the book explores the feelings of guilt and worry. These, it is proposed, are in fact our *erroneous zones*, they are useless emotions. As Dr. Dyer explains, neither guilt nor worry will actually lead to anything constructive. But, they both will take a toll on our emotional, spiritual and physical health.

Looking at guilt and worry in this way seemed to resonate with me and, as I experienced more of life, it made even more sense, especially as it applies to caregivers. Most caregivers face frequent periods of guilt and worry. These times often lead to unproductive anguish and turmoil, which can actually cause us to be less effective in our role as caregiver and may lead to a gradual deterioration in our health over time.

I sometimes think of guilt as the "Ghost of Christmas Past." We are haunted by something we did or failed to do some time ago. For caregivers, this feeling can often be summed up in the word *enough*. "Did I do enough? Did I care enough? Did I spend enough time? Should I have given more?" None of that psychic energy will change what happened yesterday, or a week, or a month ago. It will only serve to immobilize the caregiver.

Reflecting on the past, and learning from mistakes is a healthy and necessary part of growth. Rather than blaming ourselves and feeling hurt, upset or depressed about the past, it might be better to ask ourselves a different set of questions. Who could help me with some of this work? How could I divide up the responsibilities of caregiving differently? What resources are available to me in my community?

If guilt is the Ghost of Christmas Past, then worry is the Ghost of Christmas Yet to Be. We worry about what the future holds for the person for whom we provide care and for ourselves. How will their care needs change? Will I be able to adapt? How will I get it all done? Again, these worries drain us of energy and do nothing to help us in our role as caregiver. Remember these words, "Which of you by worrying can add a moment to your life?"

The nature of chronic illness would suggest that care needs will gradually increase over time. Planning for this inevitability is prudent and healthy. I recommend that caregivers have a heart-to-heart conversation with the person for whom they provide care. Be honest and realistic about what you are able to do, given your personal life circumstances. Do not overcommit; set limits. Then, together you can plan how to cover the needs that will likely arise. Remember; the person for whom you care, cares about you too. They want *you* to be happy and healthy as well!

So, this New Year, let's resolve to cast away the ghosts of the past and of the future and focus instead on the present. Make a vow that you will not let guilt or worry creep into your mind and cause distress. Enjoy the moments that you spend with your loved one here and now, sharing stories, smiles and comfort. Make this the best year ever!

Robert J. Best NHA MAPS
Executive Director, Oak Hill Terrace

Ask INA

Dear INA,

My friend told me I should start thinking about long-term care. Isn't that a nursing home? I'm not ready for that yet!

Sincerely, Ms. L. T. Kare

Dear Ms. Kare,

The definition of long-term care is far from meaning just going to a nursing home. In fact, long term care services such as personal care, housekeeping or nursing are designed to help people remain in their homes. Aging and Disability Resource Centers (ADRCs) offer the general public a single entry point for information and assistance on issues affecting older adults, adults with disabilities, or their families. Because of frailties of aging or a developmental or physical disability, many people need help accomplishing activities of daily living and caring for their health. Long-term care can be provided in people's homes, in small and large residential care facilities or group homes, in nursing facilities or in the workplace.

Long-term care programs, either private pay or publically funded, are designed to provide cost-effective, comprehensive and flexible long-term care that will foster consumers' independence and quality of life. If you are determined to be eligible for publicly funded long-term care programs, options include Family Care, Family Care Partnership, PACE (Program of All-Inclusive Care for the Elderly) and IRIS (Include, Respect, I Self Direct). These programs serve adults with physical disabilities, adults with developmental disabilities and frail elders, with the specific goals of providing choices in services and support. Oh, I could go on and on and on...there is so much to tell.

If you are interested in learning more about the many options that are available, please contact the Aging and Disability Resource Center of Waukesha County at (262)548-7848. Any of the knowledgeable ADRC Specialists would be more than happy to help you plot a course to your long-term care needs!

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RADON EXPOSURE -

The Leading Cause of Lung Cancer Among Non-Smokers



Wisconsin health officials are encouraging homeowners to check their home's radon levels because exposure to radioactive radon gas is the leading cause of lung cancer among non-smokers nationwide.

An estimated 20,000 lung cancer deaths are caused by radon annually among non-smokers, according to reports by the Environmental Protection Agency and the U.S. Surgeon General.

Radon is an odorless radioactive gas that is naturally present in the ground and can enter buildings through their foundations. Both old and newer homes can be susceptible to radon. Between 5 and

10 percent of Wisconsin homes have elevated airborne concentrations on the main living level where people spend the most time, according to state data.

Radon concentrations in indoor air can be measured with simple, inexpensive test kits available from hardware stores and local public health agencies.

More than 60 radon mitigation contractors in Wisconsin are nationally certified and install highly effective soil-depressurization radon control systems. Thousands of systems are installed in existing homes in Wisconsin each year.

For information about radon in Wisconsin, visit: www.lowradon.org

The Waukesha County Department of Parks and Land Use – Environmental Health Division serves as The Southeastern Wisconsin Radon Information Center on behalf of Waukesha, Racine, and Milwaukee Counties. Radon test kits are available through many local home supply stores, through the Department by calling 262-896-8300, or your local public health agency.

Radon is a  colorless,
odorless,
tasteless,
radioactive gas.

ATTENTION!

Section 8 Waiting List Opening for 3 days

Family Size	Section 8 household limit
1	\$24,600
2	\$28,100
3	\$31,600
4	\$35,100

The Waukesha Housing Authority will open its online wait list for Section 8 Vouchers *only* from January 17th - 19th. Applications must be completed online between those dates at http://www.whaonline.com/wha_home.html.

Please call the ADRC if you need help applying online. Help will be given to adults with disabilities and those over 60 years old. Schedule your appointment now at 262-548-7848. At the appointment you will need to bring all your income, banking and investments, energy assistance credit amount, Foodshare monthly benefit, and medical expenses information, and criminal history information. We are only able to help those who bring in all their documents. You must also bring your email contact. Two weeks after completing the application online, you will be able to check your status to see if you are an active applicant.

Waukesha Housing Authority, 600 Arcadian Ave, Waukesha #262-542-2262

Basic Tips To Avoid Financial Scams



Many financial scams begin with a phone call, email, instant messages, or text message. Some common scams include unsolicited home repairs, investment scams, sweepstakes or lottery winnings, health care scams, charity scams, and claiming to be a relative with an emergency. Scammers change the topic but the approach is usually the same. They may try to rush or pressure you to make a quick decision. They may try to befriend you or intimidate you. If you remember to follow some of the tips below, you can hopefully avoid being a victim of one of the many scams out there.

Scammers often pretend to be someone you trust, such as a family member, a government official or charity. Don't give out personal information, bank accounts, passwords or credit card information. Be cautious of any deal that sounds too good to be true, because it probably is.

Never wire money to people you don't know, no matter how convincing their story is. Wiring money is like sending cash. It is nearly impossible to track it or get it back, especially if it is sent overseas. If you believe it is someone you know needing money, confirm this with another trusted source prior to wiring the money. If you can't confirm the identity, don't send the money.

Scammers may send you a check or money order telling you to keep some of it if you will send the remainder to them. They want you to cash it through your bank account and wire the cash to them. You end up with a check that bounces and the scammer ends up with your money.

If a request for information looks suspicious, contact your financial institution. Do not call the phone number included in the email, text or phone call. Look up the number separately and contact them to confirm the request. Although this may take some extra time up front, it will save you many hours of your time in the end.

Monitor your financial accounts. Make sure you review your bank and credit card statements looking for transactions you did not authorize. Be sure to report anything suspicious to the appropriate financial institution, no matter how small or large. A small amount may be taken initially as sort of a test and can snowball from there if it isn't caught.

Be aware of identity theft. Check your credit report regularly, looking for any credit cards or accounts that are not yours. You can do this by calling 1-877-322-8228 or visit www.AnnualCreditReport.com.

Lastly, if you are caught up in a scam, do not let embarrassment or fear keep you from discussing it with a trusted person. We often do not realize what has happened until it is too late. Mistakes happen and the situation could escalate if not dealt with immediately upon finding out. You can contact the police in your area, and alert your bank. Remember, there is help out there. Add your phone number to the Do Not Call Registry at 1-888-382-1222 or visit www.donotcall.gov. You can also sign up for free scam alerts from the Federal Trade Commission at ftc.gov/scams. For further resources or information, contact the ADRC at (262)548-7848.

Got questions? Need assistance?

The Alzheimer's Association is here to assist you in your journey.

Schedule a Care Consultation with an Alzheimer's Association representative. A Care Consultation is a private meeting designed to assist the person with the disease and/or their families in planning for and dealing with all aspects of the illness.

During this meeting ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts



When:

4th Wednesday of each month
1:00-2:00 p.m. and 2:30-3:30 p.m.

Where:

Aging and Disability Resource Center
514 Riverview Ave
Waukesha, WI 53188

Upcoming dates 2017:

Jan 25	May 24	Sept. 27
Feb 22	June 28	Oct. 25
March 22	July 26	Nov 22
April 26	Aug 23	

*No December Hours

Services are provided at NO COST to consumers.

**To schedule a meeting
Call 262.548.7848**

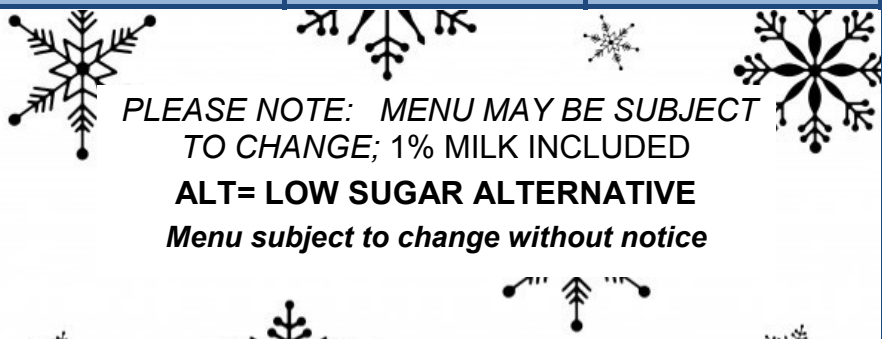
About the Alzheimer's Association

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Our vision is a world without Alzheimer's, and since our founding in 1980, we have moved toward this goal by advancing research and providing support, information and education to those affected by Alzheimer's disease and related dementias.

Local Contact

Jennifer Harders
Community Outreach Coordinator
Alzheimer's Association-Southeastern WI Chapter
24/7 Helpline: 800.272.3900
Email: jharders@alz.org
www.alz.org/sewi

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JANUARY 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NEW YEAR'S HOLIDAY PROGRAM CLOSED	Swedish Meatballs Buttered Egg Noodles Roasted Root Vegetables Grapes Wheat Bread w/ butter Cook's Choice Cookie Alt. Sugar Free Cookie	Crab Pasta Salad Tomato Onion Salad Dinner Roll w/ butter Peaches Dessert Bar Alt. Fresh Fruit	Chicken Stroganoff Parsley Buttered Noodles Romaine Salad w/ Ranch 7-grain Bread / butter Pears	Baked Potato Stuffed with Taco Meat Lettuce/Tomato Shredded Cheese Sour Cream Southwest Style Corn Dinner Roll / butter Banana
9	10	11	12	13
Green Pepper Casserole Broccoli Florets Garlic Bread Stick butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding	Polish Sausage Pickled Red Cabbage Buttered Potatoes Rye Bread / butter Ketchup & Mustard Oatmeal Raisin Cookie Alt. Raisins	Baked Chicken Quarter Potato Salad Baked Beans Wheat Bread w/Butter Sea foam Gelatin Dessert Alt. Sugar Free Gelatin	Pepper Steak over Steamed Rice Dilled Carrots Bread/butter Pineapple	BBQ Pulled Pork on Whole Wheat Bun Creamy Coleslaw Potato Salad Brownie Alt. Lorna Doone
16	17	18	19	20
Cheeseburger on a Bun Pickles, ketchup, mustard Au gratin Potatoes Broccoli Salad Choc Chip cookie Alt. Sugar free cookie	Turkey à la King Over biscuit Green Beans Peaches Blonde Brownie Alt. Fresh Pear	Meatloaf/Onion Gravy Scalloped Potatoes Stewed Tomatoes w/Green Pepper/Onion Sourdough Bread w/ butter Mandarin Oranges	Pork Loin w/Gravy Baked Potato w/Sour Cream and Butter Sweet Sour Cabbage Rye Bread w/ butter Sundae Cup Alt. Fruit Cocktail	INAUGURATION DAY Jumbo Hot Dog on Whole Wheat Bun Ketchup, Mustard, Relish American Potato Salad Calico Baked Beans Chocolate Cream Pie Alt. Apple
23	24	25	26	27
Lasagna Rollup w/Meat sauce & Parmesan Cheese Crinkle Carrots Warm Garlic Dinner Roll w/ butter Fresh Banana Tapioca Pudding Alt. Pineapple	Sweet & Sour Pork Seasoned Brown Rice Maui Vegetable Blend Egg Roll Sweet & Sour Sauce Sliced Peaches	Spaghetti w/ meat sauce Romaine Salad W/ Italian Dressing Warm Breadstick W/ Butter Pineapple Sugar Cookie Alt. Fruit	Chicken Pasta Salad Tomato Onion Salad Blueberry Muffin w/ butter Grapes Orange Sherbet Alt. Fresh Orange	Roast Turkey w/ Gravy Stuffing w/ gravy Riviera Veg Blend Carrot Raisin Salad Banana Cake w/Cream Cheese Icing Alt. Banana
30	31			
Cranberry Meatballs Roasted Red Potatoes Wax Beans Dinner Roll w/ butter Snickerdoodle Cookie Alt. Fruit Cup	Chicken Marsala Whole Grain Pasta with Garlic Pesto Sauce Winter Vegetable Blend Italian Bread w/ butter Butterscotch Pudding Alt. Pear	 <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>		

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

The ADRC and Senior Dining Sites will be closed on Monday, January 2nd.
Happy New Year!

January 21st is National Granola Day! Here is an easy recipe to make your own homemade granola bars! These bars have a lot of flexibility. Use any combination of chocolate chips, dried fruit, coconut, pecans, almond slices, or any other tidbits you'd like!

Easy Granola Bars

- 3 cups quick-cooking oats
- 1-14 oz. can sweetened condensed milk
- 2 tablespoons butter, melted
- 1 cup flaked coconut
- 1 cup sliced almonds
- 1 cup miniature semisweet chocolate chips
- ½ cup sweetened dried cranberries



Preheat oven to 350°. Grease a 9x13 inch pan

In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and cranberries with your hands until well blended. Press flat into the prepared pan.

Bake for 20 to 25 minutes in the preheated oven, depending on how crunchy you want them. Lightly browned just around the edges will give you moist, chewy bars. Let cool for 5 minutes, cut into squared, then let cool completely before serving.



Evidence Based Health Promotion Program

Making Smart Choices Helps Your New Year's Resolution Succeed

New Year's resolutions can be a great way to start a new habit or begin working on an important goal. However, experience tells us that starting the New Year with great plans often doesn't equate to long term success in June or July. According to the University of Scranton, only 64% of people maintain their resolution after one month, and sadly, after six months, barely 46% have stuck with their goal. Success starts with deciding what you want to change.

If you want to be successful this year, start by taking a different approach to how you think about your goals. Action Planning and Problem Solving are two (of many) skills taught during programs offered through the ADRC of Waukesha. Action Plans begin with the understanding, "It needs to be something you really want to do – not something others want you to do." Problem-solving keeps little stumbling blocks from turning into barriers that prevent your success.

We encourage you to explore the many high level evidenced based programs we offer by checking the listing below, contacting the ADRC of Waukesha (262) 548 -7848, or exploring our website: www.waukeshacounty.gov/adrc.

We have so many classes beginning in January, there are too many to list all the information about! Here are a few of the classes being offered in January. For dates and times, please call the ADRC.

Sip N Swipe— A series of sessions where older adult learners work alongside a coach to learn how to use a tablet.

A Matter of Balance: Managing Concerns about Falls— Matter of Balance participants learn how falls happen and reduce fear of falling, set realistic goals for increasing activating, find ways to change their environment to reduce falls, and learn simple exercises to increase strength and balance.

Boost Your Brain & Memory—Adults are guided through a series of physical, emotion, intellectual, nutritional, spiritual, and social activities that have been proven to lead to improved brain health.

Health Living with Diabetes—Adults with pre-diabetes or type 2 diabetes or those caring for individuals with diabetes will learn skills to increase their knowledge and confidence about managing diabetes through monitoring, nutrition, planning, exercise, and symptom management.

Chronic Pain Self-Management—Participants are given information and tools to help develop skills that will improve self-confidence and increase motivation that will help manage chronic pain symptoms, challenges, and day-to-day tasks.

Stay Strong (Strong Bones) - This program is for men and women diagnosed with Osteoporosis. This program aims to prevent or manage osteoporosis through nutrition and targeted exercise.

Stepping On (falls prevention) - This workshop is designed for active, independent living adults without dementia who have fallen in the past year. It is a workshop that covers exercises to improve strength and balance.

Eat Better, Move More—Divided into two parts, this workshop looks to provide both nutrition information and exercises important for keeping older adults healthy and independent.

Hello from your Dementia Care Specialist!!

Hi! My name is Ronda Bauer. I joined the ADRC team in September of 2016 and have been very busy going out into the community, meeting with various program/service members, and learning about the resources available. Prior to the ADRC, my roles included Manager/Social Worker of adult day services at Luther Manor in Wauwatosa, Geriatric Care Manager at Gericare of West Bend, Adult Protective Services Social Worker at Washington County ADRC, as well as Information & Referral Specialist. I have a bachelor of social work degree and I bring over 20 years of experience working with older adults and their families.

My role as the Dementia Care Specialist is to provide support for individuals with dementia, provide support for family caregivers, and to provide community support. This is done through:

Individual Support- Providing information, assistance and screening by doing cognitive screens which allows for early detection of cognitive change, assisting the individual in connecting with their physicians for diagnosis and provide support and resources for people with dementia and their caregivers.

Family Caregiver Support- Providing Memory Care Connections, assisting with connections to support groups, powerful tools for caregivers, and the caregiver intermission program. These allow individuals and family caregivers to participate in evidence-based programs to improve the experience and outcomes of both caregivers and people with dementia.

Community Support- Holding memory cafes, implementing dementia friendly business trainings, and increasing civic awareness. A person with dementia can be an integral part of the community when businesses, employers, local organizations, and the community are more informed about dementia.

I am available for memory screens, consults, community presentations and I will continue to expand on the dementia friendly business training. I look forward to having an ongoing and working relationship with the residents of Waukesha County. If you have any questions or need more information, please feel free to contact me by phone at 262-548-7848 or by email at rlbauer@waukeshacounty.gov

Library Community Memory Screens–

Memory screens at the local libraries will be done throughout the year. Not all dates have been determined yet. To make an appointment contact Ronda Bauer at 262-548-7848.

New Berlin Public Library March 15, 2017 9:30 am– 4:00 pm

Elm Grove Public Library March 29, 2017 10:00 am– 3:00 pm

Menomonee Falls Public Library May 22, 2017 10:00 am– 3:00 pm

Save the date! We'll be at the Pewaukee Library in January!



MEMORY CAFÉ

Join us at the library for an informal social gathering to connect those with early-stage memory loss and their care-partner with conversation, activities, and refreshments.

First time attendees -
Please contact the
Alzheimer's Association for
more information or to RSVP
at 800-272-3900

Friday, January 6th
10:30 am to Noon
Pewaukee Public Library

Life in the Arctic!

Come and feel the
warmth of friendship as
we look at life in the Arctic!



LIBRARY
MEMORY PROJECT

www.librarymemoryproject.org

From the Desk of Your Benefit Specialist

Social Security News Release

Social Security and Veterans Affairs Partnership Means Faster Disability Decisions for Veterans

On Wednesday, November 9, 2016 the Social Security Administration announced the launch of a new Health IT initiative with the Department of Veterans Affairs (VA) that enables all Social Security disability case processing sites to receive medical records electronically from all VA facilities. Veterans will receive a faster decision on their Social Security disability claim, speeding them and their dependents through this new process. Both agencies will save time and money with an automatic request through the eHealth Exchange.

"President Obama has said, 'we must maintain the sacred covenant we share with our veterans by ensuring they have the care and benefits they deserve,' and I could not agree more," said Carolyn W. Colvin, Acting Commissioner of Social Security. "We are committed to providing our veterans with the world class service they so richly deserve and improving the speed and efficiency of our disability program."

The new Health IT program was tested successfully at Social Security locations around the country. On Veteran's Day, November 11, the eHealth Exchange will go live, nationally, to all Social Security disability case processing sites.

Social Security requests nearly 15 million medical records annually from healthcare providers and organizations to make medical decisions on about three million disability claims. Medical documentation is essential to make a disability determination. Historically, the agency obtained medical records through a manual process (mail, fax, secure mail). This new national initiative puts in place an automated process to obtain medical records electronically without human intervention.

"VA is currently improving quality of life by enabling Veterans to share their health information with federal partners and integrating their data into a safe and secure health-related consumer application," said Dr. David Shulkin, Under Secretary for Health of the Department of Veterans Affairs. "Currently, when eligible Veterans apply for Social Security Disability Insurance benefits the average wait time for Social Security to receive paper records from VA can take months; this partnership allows Social Security and VA to share the Veteran's health information electronically in minutes. The Social Security and VA partnership allows VA to continue to be a leader in interoperability efforts among federal partners while improving overall quality of life for our Veteran patients."

This partnership adds the VA to Social Security's more than 50 other Health IT partners, including the Department of Defense, in approximately 7,000 facilities across the United States providing electronic health records. Social Security's goal is to continue expanding the number of healthcare organizations and federal agencies providing electronic health records within a safe and secure environment. To learn more about Health IT, please visit www.socialsecurity.gov/disabilityssi/hit.

Social Security offers two other programs to expedite disability claims filed by veterans. Wounded Warriors and veterans with a VA disability compensation rating of 100% Permanent & Total have their Social Security disability claims treated as high priority and receive expedited decisions. For more information about these programs, please visit www.socialsecurity.gov/people/veterans. For more news follow the Press Office on Twitter @SSAPress.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Turning 65?
Need Medicare?

MLK Day of Service- A Day On, Not a Day Off

In 1983, legislation was signed creating a federal holiday marking the birthday of Rev. Martin Luther King Jr. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national Day of Service and charged the Corporation for National and Community Service with leading the effort. Since that time, many people are taking note and looking for opportunities to help their communities during the month of January. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service—a day on, not a day off. In 2017, MLK Day of Service will be January 16th.

On this day, many Americans of all ages and backgrounds will celebrate Dr. King through service projects that strengthen their community. If you are looking for an opportunity to consider in the Waukesha County area consider one of the following:

- **Provide supplies to homeless shelters in Waukesha**— Consider making hygiene kits complete with soap, toothbrush, toothpaste and deodorant. Coffee & hot chocolate are also greatly appreciated as is cleaning supplies and linens such as towels and sheets. Call to arrange a drop off time.
- **Remember service men and women**—Contact your local American Legion, Veterans of Foreign Wars or Disabled American Veterans posts to see how you can be involved. A written letter of appreciation or care package may be just the ticket to help brighten someone's day.
- **Pitch in for the Elderly**—Organize a group to shovel the driveways and walkways of seniors in your neighborhood. If you don't have elderly neighbors call Interfaith Senior Programs and let them know you would like to help a senior near you.
- **Donate old linens to an animal shelter**—Give old bath towels, blankets and sheets to your local animal shelter. These household items are used for bedding, clean up and keeping the animals warm.
- **Become an ADRC volunteer**—Find out how you can help out year round by going to our website: www.waukeshacounty.gov/adrc or call the ADRC Volunteer Program Specialist at 262-548-7848.

For more one-day opportunities go to United Way of Greater Milwaukee and Waukesha County's website: <https://www.unitedwaygmwc.org/Volunteer>

Life's most persistent question is: "What are you doing for others?" -Dr. Martin Luther King Jr.

Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild? **You are?! The ADRC has a group for you!**

Grandparents over age 55 are eligible to join this group if you are raising a grandchild under 19 years of age or a grandchild 19-59 years of age that has a severe disability. The Grandparent's Group can help provide support, networking, education and respite.

Monthly meetings are held where you can talk and network with other grandparents who are in a similar situation as you. Education is provided by guest speakers on topics that are chosen by the group, which will help them with their parenting skills. Respite is a break for the caregiver. This may include time at a summer camp for your grandchild or movie passes to have a fun family outing.

If this sounds like you or you know someone who is raising their grandchild, contact the ADRC at (262) 548-7848.



Pop Your Way To Health

January 19th is National Popcorn Day! Celebrate by whipping up one of these delicious popcorn recipes.

Popcorn is one of the most popular snack foods in the world. Popcorn is not only a tasty snack—it has some surprising health benefits:

- Popcorn is a whole grain and full of fiber, making it great for digestion
- Popcorn is a filling and low-calorie snack; there are just 150 calories in 5 popped cups!
- Popcorn has many vitamins and minerals, including folate, niacin, riboflavin, thiamin, pantothenic acid, and vitamins B6, A, E and K and iron.
- The popcorn hull (shell) is the most nutritious part. It contains beta-carotene, lutein and zeaxanthin, which are antioxidants that are important in maintaining eye health. They also contain polyphenols with antioxidant and anti-inflammatory properties, believed to protect against cancer and cardiovascular disease.

Information source: USDA

Popcorn Trail Mix

Makes: About 20 (1/2 cup) servings

4 cups popped popcorn
2 cups dried cranberries or raisins
4 cups cereal (Frosted Mini Wheats, Quaker Oatmeal Squares, or any whole grain cereal you like)
1 cup sunflower seeds, peanuts or nuts of your choice (optional)

1. Mix all ingredients in a large bowl.
2. Store leftovers in an airtight container.

Popcorn with Pizzazz

Makes: About 5 (1 ½ cup) servings

7-1/2 cups air-popped popcorn
Butter-flavored cooking spray
1-1/2 tsp cumin
1-1/2 tsp garlic powder
1-1/2 tsp onion powder
1-1/2 tsp Worcestershire sauce
Cayenne pepper (optional)

1. Preheat oven to 300° F.
2. Put popcorn in a large mixing bowl. Lightly coat popcorn with cooking spray.
3. Combine cumin, garlic powder, onion powder, and cayenne pepper (optional). Sprinkle spices over popcorn and toss to coat the popcorn evenly.
4. Drizzle Worcestershire sauce over popcorn and toss again.
5. Spread popcorn evenly in large baking pan. Bake for 10 minutes, tossing once.

Try different seasoning combinations:

- Parmesan and rosemary
- Garlic and Italian herb blend
- Honey cinnamon (add honey halfway through baking time)

Recipe source: Penn State Extension

**FOOD
WISE**
Healthy choices, healthy lives.

**UW
Extension**

Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

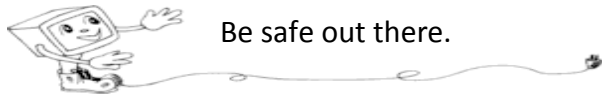
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

Internet Safety

You may have heard the term “phishing”. This type of phishing has nothing to do with Friday Night Fish Fries. It refers to unsolicited Email, appearing to be legitimate, that attempt to get you to take some action, like going to a site, or providing login credentials. Its purpose is always to infect your workstation or get your personal information.

Any newsworthy event is an opportunity for criminals to try to get you to view a site, a picture or the “latest news”. Never follow [click on] links in Emails. If you really wish to log into a site, simply open an internet browser and type it in yourself. Never answer or unsubscribe to those kinds of Emails. It merely tells the criminals that you exist, you read the emails and will take action on them.

If you feel you may have already been taken in, check your accounts, change your passwords and call your bank or the company in question. Many people use the same password on many sites. Malware on dangerous sites can provide criminals with information on every site you visit, including places you shop or bank. It can also watch keystrokes, and send data right out the door once you are infected. It pays to be very watchful. It may take a bit more time to type an address into an internet browser or to try to verify authenticity with a phone call, but it can take a lot more to repair your credit or identity. Oh and don't use the phone number on the Email. That could be fraudulent too. Go to the actual web site, and get the phone number there. People who take the time to send out these scams are smart enough to cover all the bases.



Be safe out there.



Disability Payments and Wage Reporting

Do you receive Supplemental Security Income (SSI) while working? Do you receive Social Security Disability Insurance (SSDI) while working? If so, it is very important to tell Social Security about your work. They will tell you how often you need to report your earnings to them. (For example, if you are receiving SSI and working, you need to report your earnings every month.) These Social Security benefits are paid to people who cannot work or people who have great difficulty keeping a job due to their medical condition. Social Security has a number of different rules about how work may/may not affect your benefits. You are responsible for keeping Social Security informed about the work you are doing. If you do not tell Social Security about your work, you may be paid more benefits than you're eligible for; that is called an overpayment. If Social Security overpays you, they will ask you to pay that money back. Social Security will send you a letter if they decide that you were overpaid. That letter will tell you why you were overpaid and how much you were overpaid. It will also tell you about your rights to file an appeal of their decision and/or how to request a waiver of that overpayment. (A waiver is given when Social Security decides that the overpayment was not your fault and there is a reason that having you pay that money back would be unfair). It is important to keep records about what you told Social Security and what they told you in response. For example, save pay stubs until you receive your W-2 form (and save those for at least three years); save receipts from Social Security showing when you drop off information at their office; and, keep a notebook for documenting calls to Social Security (write down the date and time you made the call, who you spoke to, and what Social Security tells you).

For more information about how work may affect your benefits, please contact the Ticket to Work Help Line at 866-968-7842 for voice, 866-833-2967 for TTY. The Work Incentives Planning and Assistance (WIPA) Projects can explain Social Security's work and wage reporting requirements and answer questions about reporting your earnings.



The changing skies and the changes each season brings are often anticipated. The weather changing is nature's way of telling you winter is on its way, and you had better prepare for the inevitable.

Can weather really affect your health and wellbeing? In so many ways, it's true.

Many people report an increase in pain during this season. There does appear to be some evidence that supports a relationship between cold weather and inflammatory response due to barometric (air) pressure. Pain can lead to sleep disturbances, lack of sleep to fatigue, and an overall sense of lethargy – NO ENERGY! Joints may ache more due to the same reasons, but also people are less motivated to exercise when it's cold and damp.

- Do some low impact aerobic exercise indoors if possible, to improve joint function
- Low impact walking or yoga can boost your range of motion
- Weight lifting helps strengthen your muscles

Migraine headaches may be triggered due to weather changes. Suggestions including staying indoors during very cold or windy days.

Heart Risk from any exertion during a cold winter. Chores, such as snow shoveling, could turn into an unexpected heart attack for anyone who may have diagnosed (or undiagnosed) heart disease. Don't overdo it – better yet- have someone else do the heavy stuff!

Asthma can be affected by colder weather – leading to more symptoms. Breathing in cold air can cause the airway to react by swelling. Pollen is still out there – on the ground and can be carried at ground level during extremely windy days. Asthma attacks are triggered by this. Good advice to avoid outdoors on a windy day! Of course, get your flu shot to prevent increased risk of complications of chronic illnesses.

Dressing appropriately for the weather can help you stay more comfortable in the dropping temperatures . Wear a hat and scarf or knit face mask, sleeves that fit snugly at wrist, mittens (which are warmer than gloves) water resistant coat/shoes or boots, and layers of loose fitting clothing. If you need to be outside for an extended period of time, dress appropriately to avoid any cold-related emergencies, such as hypothermia or frost-bite. Older individuals are more at risk for cold-related illness due to a slower metabolism, producing less body heat, and less physical activity to keep warm. Frostbite can occur in certain body parts when exposed – nose, ears, chin, fingers and toes are most vulnerable to injury. Hypothermia occurs when the entire body temperature drops. Signs of hypothermia include shivering/exhaustion, confusion, memory loss/slurred speech, and drowsiness. This is a life-threatening situation!

Finally, problems can occur inside as well as outdoors! Check temperatures inside the home often during extreme cold. Check on elderly neighbors and friends who may be affected by the cold. Pets also may need special protection when out in the cold. Good advice for getting through our chilly Wisconsin winters!



Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

January 12, 2017 from 10:00 am to 12:00 pm - New Berlin Library Community Room, 15105 Library Lane

Making “Cents” of New Investment Rules

Learn how your retirement accounts will be impacted by the Department of Labor's new Fiduciary Rule, effective April, 2017.

The Rule requires Advisors to “act in the best interest of their clients” and changes the fee landscape for investments.

Learn more about these fee structures and what questions you should be asking your Advisor this New Year.

Presented by Deborah Fabritz, WI Dept. of Financial Institutions and Mark Schweinler, CPA

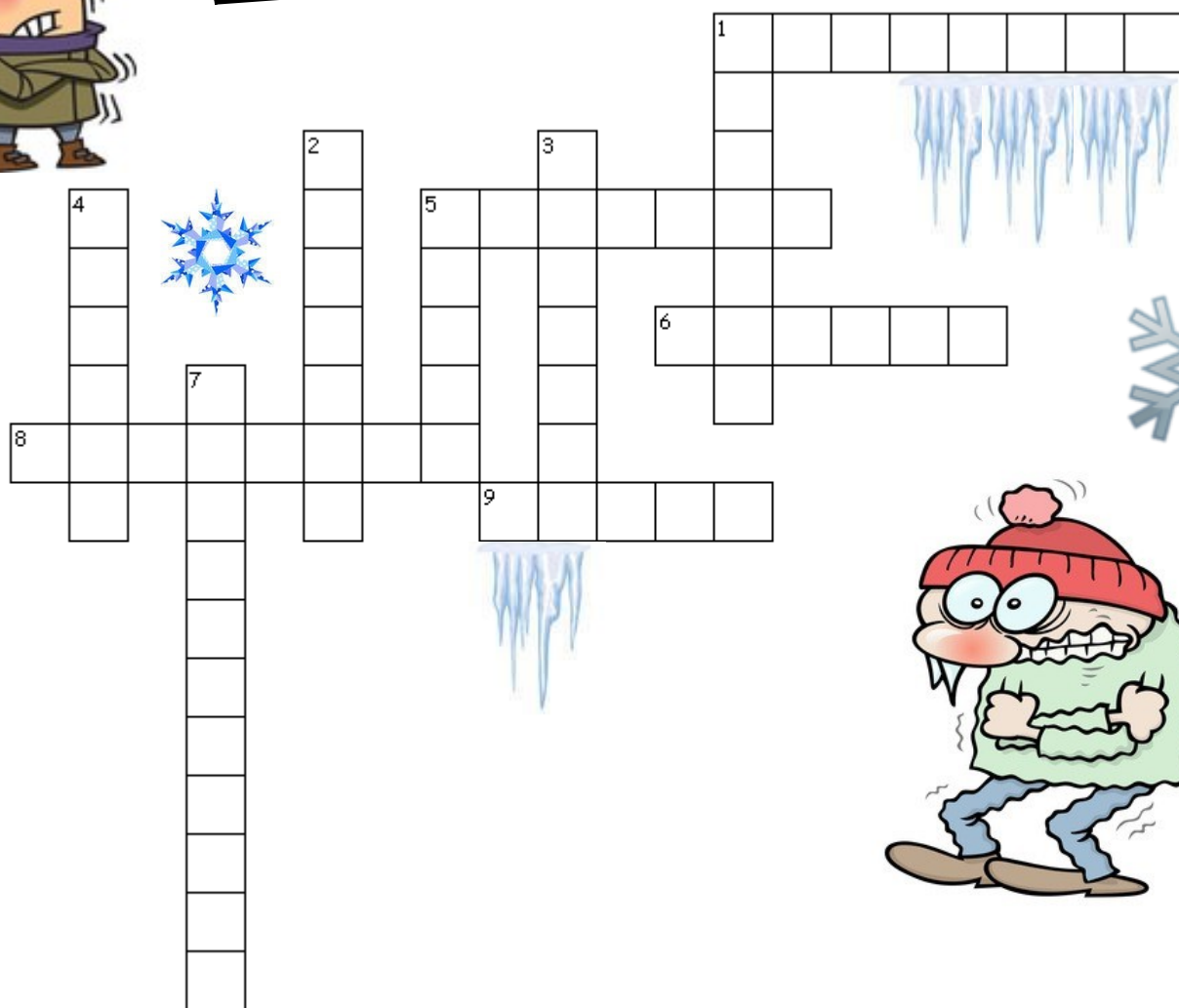
Refreshments will be Provided

Questions and Replies to Jean Lazarus 414-352-1966

www.eldercarefocusgroup.com



January C...c...c...c...Crossword Puzzle!



Solve the crossword puzzle above using your own knowledge, as well as using information you've learned from this months issue of the ADRC Newsletter! Answers are below upside-down.

Across

1. Unsolicited email that attempts to infect your computer or used to get your personal information.
5. January 16th is Martin Luther King Jr. Day of _____
6. In Mexico, 12 _____ are eaten at midnight on New Years Even for good luck.
8. Happy _____ !
9. _____ Exposure is the leading cause of lung cancer among non-smokers

Down

1. January 19th is National _____ Day!
2. Frosty the _____
3. January 21st is National _____ Day!
4. "Put on your _____, it's cold outside!"
5. Financial _____ are ways that crooks try to steal your credit card information, personal information, or money.
7. _____ can occur when the entire body temperature drops in a life-threatening situation. This can happen in very cold temperatures.

Down—1. Popcorn 2. Snowman 3. Granola 4. Jacket 5. Scams 7. Hypothermia

Across—1. Phishing 5. Service 6. Grapes 8. New Years 9. Radon

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848